

## 29<sup>th</sup> Annual Maine Schoolsite Health Promotion Wellness Conference



**June 24 – June 26, 2014  
Sugarloaf**

### TENTATIVE SESSION TOPICS

- ✦ **CONNECTING WELLNESS AND ACADEMICS**
- ✦ **SUICIDE PREVENTION**
- ✦ **ACCUPRESSURE SELF CARE**
- ✦ **COOKING LIGHT & HEALTHY**
- ✦ **BOKWA FITNESS**
- ✦ **MANAGING STRESS**
- ✦ **CONCUSSION MANAGEMENT**
- ✦ **WELLNESS FOR LIFE**
- ✦ **SAFE & HEALTHY SCHOOL ENVIRONMENTS**
- ✦ **DANCE, DANCE, DANCE!**
- ✦ **HEALING FOR THE WHOLE BODY**
- ✦ **MARKETING YOUR PROGRAMS**
- ✦ **AND MANY MORE**

### KEYNOTE SPEAKERS

**Loretta LaRoche** is an acclaimed speaker, author and international stress management and humor consultant who has evoked wit and irreverent humor on her audience for over 30 years. Using humor to reframe a stressful situation, Loretta captures a new perspective on the difficult parts of life. Her teaching style, credibility and incontestable humor are integral parts to her compelling presence. As an acclaimed author, she has toured with the Hay House, "I Can Do It!" conferences and shared the stage with acclaimed authors such as, Dr. Christian Northrup, Suze Orman, Louise Hay, Dr. Wayne Dyer, and more. Organizations worldwide use Loretta's prescription for laughter to manage stress in the workplace and improve morale. Her energetic conferences and keynotes serve to improve learning skills and leave her audiences in an enthusiastic frame of mind!

**Jessica Lawrence**, M.S. in Education is the Director of Cairn Consulting which believes that the core of a school community is how it functions as a collaborative entity to support the health of the students, teachers, staff and larger school community. Jess began her career as a middle school health education teacher in Oregon. She extended her passion and knowledge beyond the classroom when she joined the Oregon Department of Education focusing on coordinated school health. She then went on to start her consulting journey providing strategic and comprehensive supports to schools and school health organizations. Jess is an outstanding speaker, trainer and facilitator. Her clients and collaborating partners include top school health agencies such as the US Center for Disease Control and Prevention, the American Cancer Society and the Alliance for a Healthier Generation. She enjoys running, sewing, cooking and especially traveling. In August 2013, Jess completed a life goal of bicycling solo across the United States in 90 days!